



## North Andover Senior Center Weekly News Article

December 8th, 2015

### **WINTER TERMINOLOGY**

Before snow, ice and severe winter weather hit the region, it is important that you take the proper steps to ensure the safety of your family and home," states Massachusetts Emergency Management Agency (MEMA) Director Kurt Schwartz. Understand the winter terminology used by weather forecasters: Winter Storm Watch – Be alert, a storm is likely. Winter Storm Warning – Take action, the storm is in or entering the area. Blizzard Warning – Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill. Seek refuge immediately. Winter Weather Advisory – Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists. Frost/Freeze Warning – Below freezing temperatures are expected and may cause damage to plants, crops or fruit trees. If you have a power outage, do not call 9-1-1 to report your power outage or to ask for information. Use 9-1-1 only for emergencies. Contact your utility company to report the outage and get restoration information. Call 2-1-1 with other winter-related issues. What you can do ahead; Clean gutters. Melting snow and ice can build up if gutters are clogged with debris. When thawing begins, the water can back up under your roof and eaves causing damage to walls and ceilings. Check your homeowner's insurance policy to ensure adequate coverage. Ensure that your Smoke and Carbon Monoxide (CO) detectors are working correctly and have fresh batteries. Check your outside fuel exhaust vents, making sure that they are not obstructed by snow or ice. Never use cooking equipment intended for outside use indoors as a heat source or cooking device. To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing. If electric power is lost, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hours and in a well-packed freezer for 48 hours (24 hours if it is half-packed). If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

Be a Good Neighbor. Check in on friends, family, and neighbors, particularly those most susceptible to extreme temperatures and power outages such as seniors and those with access and functional needs.

### **Upcoming Socials:**

**Rockingham Mall Trip** Monday Dec 14<sup>th</sup> for holiday shopping. Pick-ups between 12:30-1:00. Call reception to reserve a seat on the van.

**Lecture Series:** Monday Dec 21<sup>st</sup>, **a special program**, *"Sing for the Health of It"*  
10am.

**CLICK HERE to RETURN to MAIN SENIOR CENTER Website**

*Join Us in The Giving Back by the Senior Center and  
make it Festive for all!*

We are inviting the **Entire community of North Andover** to donate from the following lists, to our TWO "Giving Trees."

\*\*\*\***NEEDS for babies (preemie to 3months)**\*\*\*\*Onesies\*Socks\*Cotton Mittens\*Cotton Caps\*Swaddling Blankets\*Bibs\*Burping Cloths\*Pacifiers\*Drawstring Nighties. \*\*\***NEEDS for Home-Bound Seniors**\*\*\*\* CVS or Market Basket Gift Cards\*Batteries\*Mini flashlights\*Postage Stamps\*Pens\*Sugarless Candy

Any questions contact Cahla, Program Coordinator at the Senior Center, 978-688-9560. Deadline for donating is December 17<sup>th</sup>.

**ONE ON ONE COMPUTER INSTRUCTION:** 45 minute sessions for \$7, Tuesdays with George and Thursdays with Tom. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

**LECTURE SERIES:** Every Monday 10-11:30. Call reception 978-688-9560 for the schedule.

**NEWS & VIEWS:** Every Wednesday at 10-11:30. Come and join in the lively discussion of current events, politics, history and you never know what else?!

**MEET WITH AN ATTORNEY:** Atty. Bridget Murray, Tuesday Dec 22nd and Atty. Ramsey Bahrawy, Tuesday Jan 12th. Schedule with Reception-first consult is free.

***Have Visited the Senior Center to Join ANY OF THESE  
GROUPS?***

**CHESS CLUB:** Tuesdays 1-3.

**WOMEN'S FORUM:** 4<sup>th</sup> Thursday of every month, 1:30-3:00

**ART CLASS:** Tuesdays 1-3 pm, \$60 for 6 classes

**BOWLING:** Wednesdays at Academy Lanes in Bradford. \$8.50 a string.

**MAHJONG:** Thursdays 1-3 pm.

**KNITTING:** Tuesdays 9:30 – 11:30. New project "Hats for Vets and Kids"

**MR. FIX IT: First and 3<sup>rd</sup> Thursday** of every month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

## **WELLNESS SERVICES**

**WALK IN CLINIC:** Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

**MASSAGE THERAPIST:** Antonio Chong, MSW, LMT will be at the North Andover Senior Center the 2<sup>nd</sup> Friday of every month 15 or 30 minute Chair Massage Sessions Available. Call reception for the Next Available Appointment. Special Discount for Senior Citizens.

**FOOT CARE:** RN Catherine Languedoc, Foot Care Specialist (\$30), 3<sup>rd</sup> Friday of every month from 8:30-2:30.


**WALKING GROUP-** Our Walking Group walks at the Youth Center at 9 a.m., Monday through Friday. Athletic shoes required for the gym floor.

**Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers.** You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

## ***LOOKING TO GIVE BACK TO THE COMMUNITY?***

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